

# 17<sup>th</sup> WORLD DERMATOLOGY CONGRESS

September 25-26, 2017 Dubai, UAE

## Efficacy and safety of combination therapy in androgenetic alopecia: Randomized uncontrolled evaluator blind study

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**Introduction & Aim:** Early age of onset for baldness has marked psychological impact on personality. Combination therapies have better efficacy than monotherapy in androgenetic alopecia. Although medical, surgical treatment and cosmetic aids are available for treatment of pattern baldness, medical is first preferred line of treatment. Although only 5% topical Minoxidil is USFDA approved, 10% is available in India since 2007. Efficacy of tablet Finasteride is well established in male pattern baldness. 5% topical Minoxidil is effective and safe in female pattern baldness. There is a role of saw palmetto in regrowth of scalp hair. With this background research was undertaken to study efficacy and safety of topical Minoxidil 10%+Finasteride tablet (1 mg)+dermaroller in male pattern baldness and topical Minoxidil 5%+Saw palmetto capsule (320 mg)+dermaroller in female pattern baldness.

**Methods & Materials:** It is a randomized uncontrolled evaluator blind study consisting of total 21 patients, 15 of male pattern baldness and 6 of female pattern baldness within 20-35 years of age were enrolled. Male patients had Hamilton grade 2-4 MPB and females had Ludwig grade 2 FPB. Male patients were treated with tablet Finasteride 1 mg once daily+10% topical Minoxidil 1 ml twice daily for 6 months. Female patients were treated with capsule Saw palmetto 320 mg once daily+5% topical Minoxidil twice daily for 6 months. In both male and female patients dermaroller therapy was used once in 10 days for 4 sittings followed by once in 15 days for next 5 months. Blood pressure and possible side effects were monitored in every follow up visits. Pre and post treatment photographs were taken. Assessment of hair growth was done at baseline and at the end of 6 months. Patients' satisfactory grading scale and physician assessment of hair growth scale were used to assess the results. TrichoScan was done for assessment of hair-shaft diameter and density. Pre and post treatment photographs and TrichoScan hair growth analysis (by diameter and density) was done by physician (dermatologist) not directly involved in this study (evaluator blind).

**Result:** This combination therapy showed moderate response in female pattern alopecia and good to excellent results in male pattern alopecia at the end of 6 months. During therapy none of the patients showed side effects like hypotension, headache and loss of libido, hirsutism. Mild irritation due to crystal deposition was noted by 3 patients.

**Conclusion:** Effective and early treatment using combination therapy with higher percent of Minoxidil for rapid hair growth is necessary in initial period since it will boost up the self-confidence in patients leading to better treatment compliance. Subsequent maintenance of hair growth can be done with lower concentration. No significant side effects with treatment are observed in both groups of patients.

### Biography

Shivani Dhande is currently a MD Dermatology Resident in Datta Meghe Institute of Medical Sciences (DMIMS), Wardh, India. She is interested in medical, clinical as well as cosmetic dermatology researches.

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